

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME
By the residents, for the residents.

MISSION STATEMENT:

**"To disseminate information regarding
veterans care, entertainment and goodwill."**

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Marshalltown, Iowa 50158

My Trip To Thailand

By Ken Wilson

I returned from Thailand, after a 21 day stay, on Sunday February 15th. Talk about jet lag. I fell asleep at 4 pm Sunday and woke up at 5 am Tuesday with some blurry memories of going to the bathroom in between times.

You do not know what a living hell international airports can be, nor do you know, being close to the equator, how hot it feels compared to the same temperature here. The heat starts early in the morning about 5:30 am and lasts until 5:30 at night for the intense heat. It still remains hot during the night even though it is their "winter" in Thailand. Unless you are in the NW mountains by Chiang Mai, you will NOT experience "cool"! Thai people do not seem to sweat either. I was soaked in the middle of the day and took a minimum of 3 cold water showers per day.

Bangkok is a polluted city. Those who are outside in the polluted air such as police and toll gate money changers wear masks.

The great polluter is the "Tuk Tuk" a

motorcycle taxi that is a 3—wheeler. The front half of the motorcycle with the driver sets under the vehicle's roof.



Under the back portion of the roof is a seat for 2 people (I think I saw one with 2 seats). The left rear has no bar on the front left side of the seat where you board. Remember, Thais drive on the left hand side of the road just like the British. They are 2 cycle like your Lawn Boy lawn Mower except they burn LP gas. They are the number one polluter of Bangkok (known in Thailand by its airport designation of BKK). If this little machine could be made 4 cycle with some controls BKK would not be as covered with the thin black film that is on the buildings.

Some effort has been made to control the pollution, but not nearly enough. The entire car taxi cab fleet runs on LP gas and is 80% Toyotas. Watching these being refueled is interesting. They make the driver and passengers get out of the car. They think it is better to die outside.

MY PHOTOS FROM THAILAND



A Palace Guard



Floating boats



My girlfriend: Nathsiree Thawweesri



Me at the bottom of the stairs to see a well known Buddha statue.

New Art Décor In The Dack Building



Statehouse Issues



*By Mark Smith,
State Representative*

Dear Friends at IVH:

I am writing to you after a very good town hall meeting that Senator Sodders and I had with many of you on February 23. We had representation from Senator Harkin's office to answer many of your questions and two members of the Iowa Veterans Commission. We were able to answer a number of questions that you had about various state and federal programs for veterans.

Some of the concerns raised were: 1) being permitted to keep the amount of money that may come to residents as part of the federal stimulus package, 2) concerns about Senate Study Bill 1151 and House File 235, and 3) issues about funds available to assist residents who are trying to move back in to community living.

I am hopeful we can continue to have staff of Senator Grassley, Senator Harkin,

and Congressman Latham at our meetings as that helps address many issues you bring forth.

The main concern raised was regarding the proposed legislation (Senate Study Bill 1151 and House File 235) on involuntary discharge from IVH. There was a good discussion of what people liked and disliked about these bills. Senator Sodders is on the subcommittee and the bill will be addressed in the senate before coming to the House. I will be listening to your concerns and welcome your input on this bill.

We will be addressing more budget issues as we move to that portion of the legislative process. I will continue to keep the importance of adequate funding for IVH in the forefront of my efforts.

Best wishes for the final month of winter and Senator Sodders and I will be back at IVH on March 23 for our next town hall meeting at 9 a.m. in Malloy LRC. I hope to see you then!

-Mark



Sen. Steve Sodders

Editorials & Opinions

A Dangerous Habit

There have been many instances occurring that residents/staff are using their hand to re-open the elevator while it is closing. This is the perfect opportunity for some serious damage to one's hand and wrist. I seriously doubt that we are in such a hurry to get into the elevator to get to wherever we need to be. Is it so imperative to reach such destinations in seeing staff, etc.? IVH, as a whole, isn't going anywhere any time soon, and we have plenty of time and elevators to access from. But, if you are still in a hurry then go ahead and use your hand while the elevator door is closing.

WHE



The cooked food in the Malloy dinning room is served cold, almost all the time.
From: Steve Burke/M2N



Editorial disclaimer and policies

The views and opinions set forth in the *IVH Stars & Stripes* are those of its editorial staff, correspondents and contributors. They do not necessarily reflect the official position of the Iowa Veterans Home administration, staff or Resident Council; the State of Iowa and its agencies; or any other veterans' organization. IVH residents and those in its community are encouraged to submit their own articles, stories, announcements and photos. If an article is from the internet, book/magazine or another newspaper, written permission from that source is needed before the article will be re-reprinted. Submissions become the property of the editorial staff. All letters to the editor must be signed, or they will not be printed. In certain cases, if requested, names may be withheld from publication. Letters must be no more than 350 words in length. Drop boxes for letters are located in Sheeler, Malloy and Dack halls. **We reserve the right to edit letters and all other submissions for length, grammar, factual accuracy, libel and good taste.** Send all correspondence to Stars & Stripes Office Dack Hall or the, Resident & Family Services, Dack Hall. Submissions also may be sent electronically, via our e-mail

PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

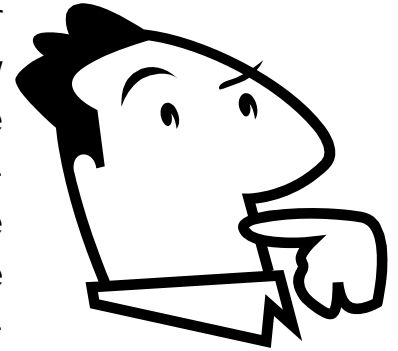
1. No running in the hallway, you're father is trying to sleep.
2. Pick up your feet.
3. There is no need to cry.
4. Is that really necessary young man/lady?
5. What ever happened to saying please?
6. Mind your manners.
7. What did you say?



" Aren't you happy that we will soon be parents after our honeymoon, Chuck?"

Thinking Out Loud

1) Wouldn't it, for variety, be funny to have the switchboard operator announce "The temperature today is 6 degrees. All residents are encouraged to go outside and freeze their butts off!"



2) Why do some residents stand near the elevator and swear (@!!&*%) because the elevator car won't come fast enough. Will that help it progress faster? **THINK NOT!**

3) Well I see now that the new lift in Dack has been repaired 3 times and that some people are brave enough to use it. I think the ramp people ought to encourage use of it so people would master it.

4) I always feel sorry for the housekeeping people during the "sand" season. It must double their work load. They do an **excellent** job keeping up with it.

5) We have **EXCELLENT** housekeeping staff here. The best I have ever seen!

6) Winters like this one require the grounds crew to do extra time also. I wonder how long it take to do the whole campus? Good thing they don't have to hand shovel it!!

Farmin' Like It Used To Be

PATRIOTIC FARMERS

When I was growing up many cousins and neighborhood kids were going to the Army especially Korea. In my church, and in many other protestant churches, there were always pictures of the boys in the "service". They were always in military uniforms so those pictures must have been their basic training pictures.

Patriotism was different in those days. Labor days, George Washington's Birthday, and Abraham Lincoln's Birthday were celebrated on their proper days not just moved around to get more vacation days in a row but to honor the men whom were born on those days. Every holiday now seems to be moved close to a week-end to achieve a longer holiday!!

On the 4th of July every little place had their own parade even our country church 5 1/2 miles off of the highway. We had a 3 wheeled pedal tricycle with the pedals between the headset and the seat. It kind of resembled a recumbent. We had this because my sister had cerebral palsy. It served as my tricycle, tractor, and race car. We would interlace crape paper strips of red, white, and blue between the spokes.

Labor Day was also a big holiday that was celebrated with many parades and

picnics. These holidays died out some where in the 1960's when people got more income or could purchase a boat. Then patriotism started to die out. Now it is hard to get a teenager or college level kid to stand for the national anthem and keep his/her mouth shut. This lack of patriotism was also brought about by the stopping of the draft where everyone regardless of class stature was treated equally. In the rural areas you never saw a flag flying, however. It just wasn't done at least in my area. I guess they still teach about George Washington and Abraham Lincoln. I don't know if it soaks in. Sometimes I think the immigrant studying for citizenship know much more about our history than the citizens born here. KLW

ATTENTION

CHAIR LIFT

Here are two of the major problems with the lift.

- 1) When the door opens DON'T use it as a handrail. Keep your hands off of it.**
- 2) DON'T push the door open it will open itself.**
- 3) Just be patient!!**

Tidbits by Marie

By Marie Molloy

A man and his wife were awakened at 3 o' clock in the morning by a loud pounding at the door. The man got up and went to the door where a drunken stranger standing in the pouring rain was asking for a push. "Not a chance" said the husband. "It's 3 o'clock in the morning." Slammed the door and went back to bed. The wife asked who it was. "Just some drunk asking for a push." "What did you do?" she asked. "I told him no way. It's pouring rain." "Shame on you. Don't you remember about three months ago when we broke down and those two guys helped us out?" the wife said. "You should go back and help him." So the man got dressed and at the door called out "Do you still need a push?" "Yes" came back. With a "please." The man asked "where are you?" "Over here, on the swing" replied the drunk.



Wheelchair Lift Operations

By Staff Writer

1. For those that use our wheel chair lift please, **don't force the door open or close it.** It is set at a certain time to allow the person to get inside the lift. If you force the door it will cause it to break down. This is a very expensive piece of equipment. Give it time and our lift will last for a long time. Thanks.

2. I have heard many a times that there have been residents who are still having a difficult time in accessing the wheel-chair lift during the course of day and evening. The 2 main reasons are the following: 1. Residents are saying it's hard just going up the Dack ramp itself. 2. Or they don't know how to use the lift. If this is the case, please let your nurse, a RTW, etc. know about this situation. Or if you prefer another person, you could contact Kathy Shannon/Facilities Management at extension 411. She would be willing to work with others in getting the problem solved.



Nutritionally Correct

By Jane Linnenbrink



American Dietetic Association

National Nutrition Month
March 2009

During National Nutrition Month® and Beyond, Focus on Eating Right at Any Age

CHICAGO – Achieving and maintaining a healthy weight can contribute to your overall health and well-being. Experts at the American Dietetic Association say it's never too late to take steps to a healthy lifestyle.

"Eating right doesn't have to be complicated," says registered dietitian and ADA Spokesperson Angela Ginn-Meadow. During National Nutrition Month and beyond, follow these tips to help make healthy changes in your lifestyle.

Make a plan: Adopt a few specific small changes. "When you make a realistic plan, the changes won't seem so overwhelming," says Ginn-Meadow. "A few small healthy changes, such as adding one piece of fruit to your diet each day, aren't difficult to do and can make a huge difference to your health."

Focus on your food: "Plan out your meals so you aren't forced to make unhealthy decisions based on convenience," says Ginn-Meadow. "Making sure you eat balanced meals with appropriate portions will help you manage your ca-

loric intake."

Make calories count: "Make meal choices that focus on nutrient rich foods," says Ginn-Meadow. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients.

Increase physical activity: Regular physical activity is important for overall health and fitness. *The Dietary Guidelines for Americans* recommend that adults be physically active for about an hour a day.

Play it safe: "Even the right food choices can affect your health if you don't follow food safety rules," says Ginn-Meadow. Always clean hands and food-contact surfaces, keep raw and cooked foods separate, cook foods to a proper temperature and chill leftovers promptly to avoid illness.

Be aware of special needs: Nutritional needs change depending upon your age and overall health. "Older adults need more vitamin D and calcium to help maintain bone health," says Ginn-Meadow. "It's important to check with a registered dietitian to figure out what your specific nutritional needs are."



Eat Up....

Poetry Page

THANK YOU

BECKY

You are definitely one of a kind. Its because you're dedicated to your work and a person like you is hard to find. There has never been a day that we haven't seen you smile, and that goes for the residents who have only known you for a little while. Today is your day for all of the work that you have done, not to mention all of the staff and residents hearts you have won.. We all say thank you on this special day, and may God bless in each and every way.

Henry Hubbard



IOWA– HER PAST AND FUTURE

I was born on a rocky craggy hill in the beautiful state of Iowa n' still

My mother was a pioneer woman and my dad a rugged pioneer man

I was raised on a grassland farm so I knew all about its charm

The wild and ways of the graze made pictures of the every day ways

The hot summer and cold winter days produced a breed of people special in their ways

They were making Iowa a better place
Tempered by the rugged climate and stoic interface

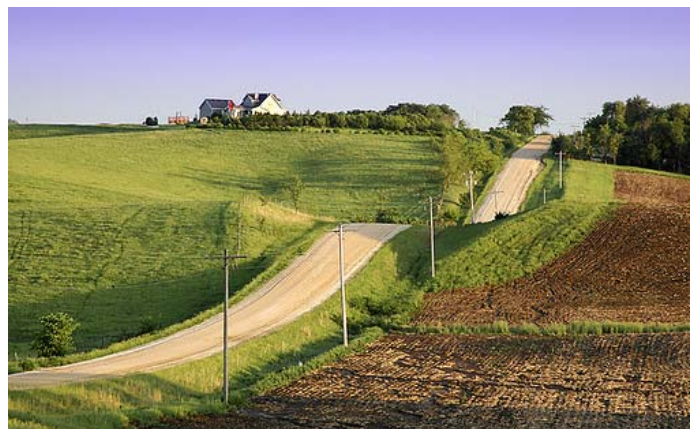
Iowa is to me

What America could be

A melting pot of the past

And heir to the future alas

Dale Hermon



To All Veterans Etc.

Starry Valentine of Gold

*To a starry valentine of gold
Special as you are
The simplest of gifts
Awesome kindnesses
Remain cherished within
Valued as diamonds
Angels glittering wings
New as the dew in the morn
Never to Enrich my heart
Entwine be forgotten
Touched with gold
Invaluable*

Composed and submitted with thanks to
all veteran's and their families in honor of
all they have done for us.

by Rose E Elsbecker
Marshalltown, IA

A Tribute To Cy



**IN MEMORY
OF A GOOD
FRIEND**

CYRUS "CY" BRYNGELSON

**CY HAD PASSED AWAY ON
FEBRUARY 15, 2009. HE RE-
SIDED ON DACK 2 AND
LIVED TO BE 102 YEARS
OLD. WE'RE SURE CY HAD
SEEN MANY PRESIDENTS,
INVENTIONS, AND OTHER
NUMEROUS THINGS DUR-
ING HIS LIFE TIME. HE WAS
WELL LIKED AND LOVED BY
STAFF, RESIDENTS, VOLUN-
TEERS, HERE AT IVH.
THERE IS NO DOUBT THAT
HE WILL TRULY BE MISSED
BY ALL.**

**SO, HERE'S TO YOU CY. WE
SALUTE YOU.**

Chapel Events for March

During the weekday of Lent, which begins February 25, Morning Prayer will be held in the chapel from 7:30AM to 7:45AM. These services will be conducted by the residents as well as staff. Feel free to join us as we enter into the Lenten spirit showing our love and appreciation to all that Jesus did and is doing for us.

Videos for March are:

Living the good Life Together: A Study of Christian Character in Community/ Forgiveness: Letting Go

These Videos in the chapel will be shown at 3:00 on Tuesdays



For A Job Well Done

*To Jake Knapp and 2 South staff
for the Super Bowl party that you
provided for the residents on Sun-
day February 1st 2009*

Steve Anderson

A Note From Marty Lieberman

Marty wants to thank staff/residents from Heinz Hall who donated time and items for the Heinz Hall Resident Council Raffle.



Midwest Phrases

By Ken Wilson

Midwest Phrases is obtained from the book *"A Hog On Ice"* by Charles Earle Funk

This month's phrase is: **Lame duck**

In the United States we know a "lame duck" as a congressman who, having won for re-election in November and having been defeated at the polls, still has several months of his term to serve before he bows out more or less gracefully to his successful rival.

But why "lame" and why "duck"? We must go to London for the answer to a street known as Exchange Alley which, prior to 1773, was the place where London stockbrokers conducted their business. It was the old-time Wall Street of London, and just as we now refer to "the Street" meaning Wall Street, so "the Alley" then meant Exchange Alley. This alley was the scene of the wildest stock speculation of all time, the noted South Sea Bubble of 1720-stock of the South Sea Company which, in that year, opened at 128 1/2 a share in January, rose to 330 in March, to 550 in May, to 880 in June, and finally touched 1000 a share in July when the directors of the company sold out and the bubble exploded.

Exchange Alley was the place where stockbrokers were first divided into two classes: bears and bulls. It was also the place which saw, all too frequently, a

third class: those who were cleaned out and those who could not meet their financial obligations. These later came to be known as "lame ducks." Why? Because, to the amused spectator, they "waddled out of the alley!"



Our past president: G.W. Bush was portrayed as a Lame-Duck

Improving Your Vocabulary

Do you know the definitions of these words?

1. Torrent
2. Audacious
3. Tenacious

Answers on back page.

What's New In The Peterson Library

Books

American Wife, by Curtis Sittenfeld
Breakneck, by Erica Spindler
Civil War Coming Out, by Danielle Steele
Complete reflexology for life, by Barbara Kuna, Kevin Kunz
A Darker Place, by Jack Higgins
The ESPN Baseball Encyclopedia, by Gary Gillette
Grace, by Richard Paul Evans
Love your life, by Victoria Osteen
Mounting fears, by Stuart Woods
The NASCAR Vault, by H.A. Branham/Buz McKim
Target: Patton, by Robert K. Wilcox
Timelines of World History, by John B. Teeple

Compact Discs - Music

Best of Scott Joplin, by Scott Joplin/
Joseph Lamb
Dave Koz Greatest hits, by Dave Koz
Don't Let Me Miss the Glory, by Mote
Gordon
Phillips, Craig & Dean, by Craig & Dean
Phillips

Compact Discs-Books

Behind the Lines, by Andrew Carroll

The Interpretation of Murder, by Jed
Rubinfeld/Ron Ritkin

Tallgrass, by Sandra Dallas/Lorelei King

Tree of Smoke, by Denis Johnson/Will
Patton

Movies On DVDs

All Quiet on the Western Front

Annapolis

The Beatles Unauthorized

The Best of Janet Paschal

The Best of the Isaacs

Bill and Gloria Gaither

Bill Gaither Remembers Homecoming He-
roes

Bill Gaither Remembers Old Friends

The Bridge at Remagen

Cloverfield

The Comancheros

The Deep End of the Ocean

Die Hard

Die Hard 2 - Die Harder

Die Hard with a Vengeance

Flight 93

From Hell

Glory Road

The Great Raid

DVD's

DVD's Movies Cont.

Holocaust

The Hunt for Red October

I wanna hold your hand

Iwo Jima 36 days of hell (1)

Iwo Jima 36 days of hell (2)

Legends of Rock 'N' Roll

Lethal Weapon 1-4

The Lion in winter

Live From Norway

Meet the Fockers

Miracle Worker

Missing in Action 1, 2 & 3

Nightmare Man

Phil Collins - Finally....The First Farewell Tour

Red Dawn

Robin and the Seven Hoods

Rock of Ages

Saints and Soldiers

The Story of Star Wars

The Orphanage

Together

Tora! Tora! Tora!

Twister

The Unit

The Who at Kilburn



Coffee Time...

We have a new coffee machine here in the Dack building. It is located next to the Dack LRC. It makes it real convenient for staff, residents, and visitors. Thanks to the staff who made this possible.



Just look at us Gladys we've been drinking coffee so long that we can't even remember.

Another Contribution From Gerhardt..

Macintosh would make a car that was powered by the sun, was reliable, five times as fast and twice as easy to drive-but would run on only five percent of the roads.

The airbag system would ask:" Are you sure?" before deploying.

The oil, water temperature, and alternator warning lights would all be re-placed by a single: "This Car Has Performed An Illegal Operation" warning light.

Occasionally, executing a maneuver such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.



Isn't Gerhardt A Riot ?

Cartoons and Humor



I hope you are ready for your date on Valentine's Day? The only catch is that I need to tell you I have to bring my mother along with us. It's part of my deal with my parole officer, I hope you don't mind..

B. Eilers



B. Eilers

Here you are dear; this bouquet of flowers are for you for Valentine's Day. Luckily, the florist cut me a deal. At the end of the day I promised to give them back because they are to be used again for another sale. I admit that I always come through for you don't I dear ??

PUT IT BACK IN THE RACK

To do our part in the budget cuts we have cut back on the number of issues we print so when you are done reading it **PUT IT BACK IN THE RACK!!**

Also you can access the paper on the IVH Website at www.iowaveteranshome.org

Quiet Reflections



Answers to Improving Your Vocabulary

1. **A tumultuous outpouring**
2. **Intrepidly daring**
3. **Tending to adhering to being persistent**

Editor-in-Chief: Ken Wilson

Managing Editor: Bill Eilers

Circulation Manager/Photos/Cartoonist: Bill Eilers

Contributing Writers: Ken Wilson, Henry Hubbard, Marie Molloy, Rep. Mark Smith, and various IVH staff

News: 641-752-1501, ext. 794 or 641-752-1501, ext. 497 You can email us at ivhstarsnstripes@yahoo.com Or leave a message on the comment line ext. 777



A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- Mark Twain

